

Stewed Tomatoes

Open a can of tomatoes and drain the juice into a sauce pan. Cook some diced onions and diced green peppers in the juice with the lid on the pot. When the onions are tender, add the tomatoes and heat till it starts to boil. Simple! This takes about 5 minute's worth of chopping and 10 or 15 minutes worth of cooking.

If you can, use home grown fresh tomatoes that you've blanched and peeled.

If you really need measurements, here ya go: one 28 oz. can of tomatoes, 1/4 cup chopped green peppers and 1/4 cup chopped onions.